Have Salads Gotten the Best of You?

Eating salads is a wonderful way to get a wide variety of nutrients and health-promoting phytochemicals. However, it's not uncommon to be eating a truckload of salads and still not lose weight. The reason for this may be because some salads contain high-fat, high-calorie ingredients that add up to a greater calorie intake than man people realize. Dressing adds up quickly, for example. Each tablespoon contains 70 to 80 calories, but the dressing ladles at many salad bars contain four times that much. Oily, marinated salads or mayonnaise-based foods like tuna salad or potato salad from a salad bar can also send calories soaring. On the other hand, some salads are too lean. A poorly balanced meal without protein and grain products, with calories kept too low, often leads to major mid-afternoon hunger. A trip to the vending machine can undo any calories you saved at lunch. The key, perhaps, to achieving your weight loss goal lies in improving snack habits or boosting physical activity. Make sure your lunch is truly balanced – avoid both excess and skimpiness – and then look at the rest of your daily habits, too.

For more information on foods that make up a healthy diet, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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